

Jackson County Department of Public Health

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FOR IMMEDIATE RELEASE
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COMMUNITY BREASTFEEDING INFORMATION AND SUPPORT

A regular monthly meeting is offered in the Sylva area for all families in the WNC area. The meeting provides a forum for moms to share personal experiences, meet other families with common interests and get professional breastfeeding information and help, if needed. **ALL** pregnant women are invited to attend regardless of where they get prenatal care. Research shows that support and information given before delivery can improve breastfeeding success in the first few months of the newborn's life.

Meetings are held the 1st Saturday morning of each month beginning at 10:30 and ending by noon (unless weather or road conditions are bad). **The next meeting will be March 7, 2015.** Meetings are being held in the main lobby of the Smoky Mountain OB/GYN office for the next few months; this office is located across from Harris Hospital, directly behind Nic & Nates Restaurant. Meetings are always **FREE!** Refreshments will be served and all are welcome!

The meeting is a community collaboration between local women's healthcare providers, Harris Regional Hospital, Jackson Co. WIC Program and local businesses, Lifespring Lactation and Doula Services and Birth Natural WNC. Dads, children, grandparents, family members, moms-to-be and healthcare providers are welcomed and encouraged to come.

For more information, please contact any of the following Brandi Nations, LifeSpring Lactation Service, 770-519-2903, Stephanie Faulkner, 828-506-1185 (www.birthnaturalwnc), or Teresa Bryant, at 828-587-8223.

The WIC Program is an equal provider and employer.

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